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# GOGREEK? JENNIFER ANISTON'S DAD HAS DATING ADVICE FOR HIS DAUGHTER (page 23)







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MEET THE LITTLE MONSTERS

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GAGA'S CULTURAL
INFLUENCE

{page 10}

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# From the desk of the editor

#### **Dear Monsters**,

Let Your Identity Be Your Religion.

I am so very honoured and proud to be the editor-in-chief of Metro for the day. Not only because I can speak with you directly, but because I wish to illuminate the powerful voice of my generation and let them speak for themselves. Little Monsters are not a fan base; they are a culture that exists entirely outside of pop music. They are their own religion. They are a race within the race of humanity. The freedom and unprejudiced nature of The Monsterball, and for those who love Born This Way, spreads widely and has begun to live outside of the walls of the arena and the album charts.

I don't say this with hubris, or with intent to take ownership over this community (as in fact they created their voice, not I), but rather I'd like to posture the possibility that kindness, mobilization and pop culture can push the boundaries of love and acceptance. We are all different, and it is this fact that makes us the same.

In the most basic and scientific sense, our "way," as we were born, would be defined as cellular procreation, as I have theatrically interpreted in many of my performance pieces. So, if we were to analyze this basic formula, we

could quite simply say we were born not only from each other, but we were additionally made of each other, and designed to grow together. Love is the magic ingredient, of course, to the giant petri dish of life.

In this issue, I nominated Monster ambassadors to represent each Metro country from around the world. I asked them to research, write about and identify which issues pertaining to equality and social justice affect their region the most. In this paper, I've included graphs, charts, commentary, global surveys and articles inspired and generated by Little Monsters. This piece conjures an approach to anti-bullying and equality that encourages togetherness through our shared human struggles. Metro and I beckon for those who are perhaps not affected by these challenges to help spread awareness of their reality, and act as a nurturing and compassionate force to those in need.

Be yourself, love who you are, and be proud. You were born this way, baby. Sincerely.



# Gaga's intern for a day: 'One of my biggest dreams ever'

#### Dear Lady Gaga,

I will read my letter to you.

I just can't believe that this dream became reality. It's like Tinkerbell's magical dust sprinkled all over me. I want to thank you from the bottom of my heart for giving me strength, the power of self respect, for your love, creativity and passionate, fashionable work. We weren't the best fans in the world without you Gaga. You made us believe in ourselves and never give up.

I feel so blessed and honoured that you chose me as your editorial assistant today, of all those little monsters across the galaxy. Yes, I think you do have admirers from outer space. I prayed every day and made a wish when I saw a shooting star on the perfect



night with my friends. You're a big glittering star shining down on us, inspiring children and insecure individuals to be themselves. To fight against AIDS, and for human rights, full equality, without forgetting the devastating forces of nature (Japan). You truly deserve the title, Warrior Queen.

There are so many dreams I hope to accomplish one day. I study Graphic Design in Holland and this is my graduation year. A while ago, I was rejected at an arts academy because they said I was too good for them. It made me feel like I did not belong in this industry, although it was meant as a compliment. They said that I had to apply to a company or a brand. And now I only have three weeks to apply before summer vacation starts. Otherwise I have no job or education for a year

One of my biggest dreams ever is to work for you, Gaga. It's so unreal that I feel guilty asking you. I know it's a lot to ask but I remember what you said and it inspired me so much to work even harder at school, to become even greater! We should always start at the bottom and do whatever it takes to climb that mountain. Scrubbing floors, cleaning toilets, doing the dishes, removing cobwebs, etc. I'll do what it takes to be a great artistic graphic designer for a lady like you.

Do you remember Pieter Henket? The photographer who shot The Fame album cover? I interviewed him for my school magazine and he told me all about you. He said to always look ahead and love the mud you're in. Because it's always hard work! It made me even more excited to tell you this. So, who knows, maybe you can use me as your intern someday?

The cover designs of the Born This Way album are true perfection. I've never seen anything like it. Nick Knight is so awesome. I love your taste, Gaga. Today, I'm going to put the utmost care into being your little assistant. I will be strong and I'm not going to disappoint you. I say, let's make some magic baby!

But I have a few gifts for you. A few from myself and one from a friend of mine. The first is the illustration above, which I drew.

Enjoy. Much love xxoo Jeroen Engelen

#### Contest

#### The ultimate little monsters

We found the world's biggest Gaga fans and asked them why they were "born this way." "There's really no line anymore between where I begin and my fans begin," Gaga says. "We are each other."

#### Report

## Gay rights around the world

We look at the progress — or lack thereof —internationally, with a look at the highs and lows.

#### Interview

## A one-on-one with the Mother Monster

Lady Gaga sits down with Metro and tells it like it is.



subjective

overarching

aesthetic called

life."

Michael Freidson

#### So, I'm from your old neighbourhood in New York. My mother teaches musical theater there.

Have you seen my show? Because I was a theater kid. I was always perceived as a theater nerd and that is very much a part of all the bullying I talk about during the show. It stemmed from that.

#### Theater geeks are taking over the world now.

Yeah. And a lot of theater lovers are super music librarians and super fashion librarians and know everything about composers, designers and directors. They've so much to be in love with.

#### Let's start with the new album, Born This Way. Is there a theme to it? Are we wrong to expect a statement from dance music?

No, in fact, thank goodness everyone expects something from me at this point. Born This Way is my answer to many questions over the years: 'Who are you? What are you about?' The most paramount theme on the record is me struggling to understand how I can exist as myself, as someone who lives halfway between fantasy and reality all the time.

#### What's it like to live between two people?

It's not two people. It's two worlds. Two aesthetics. For example, the religious themes I explore on the album are not necessarily religious in an institutional way but are about being fascinated with characters. I was taught my whole life about Judas and Jesus and Mary Magdalene. Mary Magdalene fascinates me because she was, in my belief, both wholly human and wholly divine. So how can I be fully magical and fully human?

You're going to get a lot of autobiographical questions because you're selling your personality on Born This Way. Isn't that interesting, that you have to sell your personality? That in itself is kind of what Born This Way is all about. I don't want to sell my personality. My personality is mine

But the difference is, you're asking me to pay for yours. Are you a real person or part

and yours is yours.

of a marketing machine? It's kind of like saying, 'Are you honest? Do you have integrity? Are you full of shit?' But listen, my social involvement for equality and gay rights, as well as my music, is completely genuine. But I don't think I ever want everyone to ever know fully who or what I am. Part of what I'm doing is asking you to look inside yourself, to ask yourself questions.

Have you been in therapy?

No therapy yet. I probably should be. (Laughs) I have a close relationship with my family. I'm very close with my fans and I'm in tune with what they want. And I'm in tune with myself, too. At the end of the day, I have to look myself

in the mirror and I'm proud of everything I stand for. I have no reason to do or say anything unless it comes from my soul. I work very hard. I don't party very much. You don't see me falling out of nightclubs and buying Range Rovers. Social justice and music are the

two most paramount things in my life and I can't put it more plainly.

THE ONE-ON-ONE

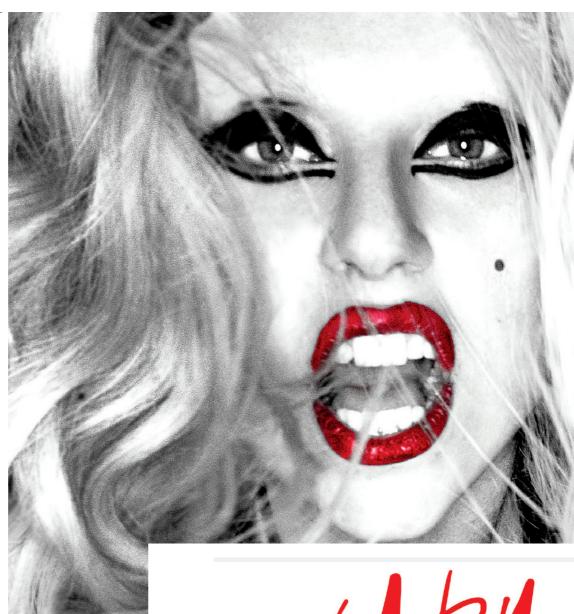
**INTERVIEW** 

#### Where does sexuality fit in to that? Do you use it consciously?

Because I'm sexy? (Laughs) Well, I'm a woman. Now, what specifically do you find sexy? I think this is

funny. For the first twoand-a-half years of my career. I was considered to be the weird girl who dressed very crazy. I don't think I'm perceived as

You never felt sexy, even when first performing? I felt like any other 15-







1/1/1

In an exclusive, hour-long sit-down, the Mother Monster met with Metro at the Beverly Hills Hotel for an open, revealing talk. "I'm not someone who got into this business to get into interviews," she told us halfway through. "But I can tell you, I'm infinitely more relaxed right now."

year-old girl who's trying to figure it all out. I'm just like any other chick, really. Did I view myself as a sexual being? I was very insecure for a very long time. I didn't know that I would be very comfortable with it and it wasn't until very recently that I actually enjoyed sex. I was talk-

ing with my sister about how it's not until you really love yourself that you can give love to others.

#### Are you addicted to your fans?

Yeah, well, it's ... it's very strange because there's really no line anymore between where I begin and my fans begin. We are all one. I feel like I would die from a lack of inspiration if I didn't have them. I never want them to feel like I abandoned their culture. It's not about the money for me. I'd give all the money away if I had to choose between it and them.

#### That's a strange answer from a multi-millionaire.

Look, people who make music and get famous and then start to slow down and get lazy — they weren't in it for the music. I can't put out my music fast enough. I wanted to put this record out seven months ago. I'm not wallowing in some romanticized idea of what it means to be an "artiste. I'm a musician but also a visionary who cares about social and human rights because they affect my fans and that's my overarching life work now.

### So, about human rights: You wanted to ask Metro readers why they were Born This Way...

Yes, I wanted to find the

most connected monsters and ask them the question: 'Why were you born this way?' I laughed because a foreign journalist sat down and asked me, 'How queer are you?'

#### Was that a case of lost in translation?

I said, first of all, we don't really use that word here. But what he was really asking me was, 'How gay are you?' I'm off-the-charts gay! (Laughs) But that's not quite the way to put it. As if you are or you're not. It's not mathematical. It's this completely subjective overarching aesthetic called life and you have this huge palate to paint from and you're asking me, 'How queer are you?' That's just one palate. It's like I say so many things

#### Note from the interviewer

When you tell people you've sat down with Lady Gaga for an interview, their first question is, "What was she wearing?" — as if she might have appeared in a meat dress, carried in an egg. In fact, when we met at the Beverly Hills Hotel, alone in a banquet hall, she was wearing a sheer black top with black pasties underneath. It was almost elegant.

Their second question is, "What was she like?" After reading this story, you'd probably agree: She's intelligent. Earnest. Aware of her power.

Refreshingly, Gaga is also mindful of the fact that she's only recently become a star. Her experiment with fame paid off. Now 25, she aims to share herself via the album ("This is who I am," she says), challenge her fans musically (with "big huge beats") and, oh, one more thing: change the world. The fun part will be seeing what she wears while trying.

in that song (Born This Way). But the first thing everyone comes back with is, gaygaygaygaygay. Are you gay? Is the song gay? And you're missing what life is offering you because you're hinged on one word. Look into yourself. Are you born to be brave? To rebuke all of these labels?

#### Well, you're expecting the world to be where you are.

It's generational. And it's me reminding myself, as an artist, 'Dear Lady Gaga, you are not a trend.'

#### Wait — do you address yourself as Lady Gaga when you talk to yourself in your head?

I do. Not as Stefani. It's Gaga. Stefani is who I am, too, but I'm Gaga all the time. (Pauses) Wait, I lost my train of thought talking about the four different people that I am.

#### You were talking about not being a trend.

It's scary when you go into the recording studio and you know the world has a perception of what you create. I have to write myself a freaking letter: 'Dear You, nobody can tell you who you are. You are who you decide to be.' And then I can create music. metro /ADA 1A1A 06

#### **BEFORE GAGA** THERE WAS ...

1899-Now



From Noel to Elton

Connect the dots between Noel Coward to Elton John (once married to a woman) In or out of the closet, they made being "different" cool.



The Village People

Even straight men today sing YMCA: "You can hang out with all the boys."



George Michael and Boy George

The '80s found these two British megastars playing up their sexuality, although Michael didn't come out of the closet for years.



#### 1980s-Now

Madonna courts gay crowd

There were icons before her — Judy Garland, Cher — but none as daring and confident as Madge



Despite Madonna and the Georges, '80s hip-hop acts like the Beastie Boys, N.W.A. and Public Enemy included lyrics perceived as anti-gay. Most would later go on to apologize.

## 'HUGE PROGRESS

#### **LGBT** rights

Inspired by our quest editor's commitment to gay and lesbian rights, Metro spent time thinking which countries have offered a haven for the LGBT community — and which are complete hell. Here's a closer look at how we're doing worldwide.

Michael Freidson Metro World News michael.freidson@ metro.lu

"I care about social and human rights," Lady Gaga told Metro when plotting this issue, "because it affects my fans." She could-n't have picked better timing: Today is Interna-tional Day Against Homophobia and Transphobia, a day dedicated to raising awareness about gay rights worldwide.

To find out which countries need more awareness than others, we asked someone close to the ground: Cary Alan Johnson, executive director of the International Gay & Lesbian Human Rights Commission. His organization advances human rights via advocacy on the local level, reporting from every continent.

The good news first: "Huge progress" is how Johnson describes what he's seen over the past 20 vears. Canada, the U.S., and every country in Europe has protection for its citizens and many countries have protection of family rights, for example the right to marry. "And every country in Latin America has decriminalized homo-

part in the lesbian walk, a run-up event to Sao Paulo's G sexuality," he says. "We even have progress in some African countries. We still have two-thirds criminalizing it but some, like Mozambique, have made it clear that they're committed, while South Africa has the most progressive constitution in the world, even going so far as to uphold the right to marry and to

adopt children." And now the bad news: Even in those countries, violence still strikes. In "progressive" South Africa, just last month, Noxolo Nogwaza, a 24-year-old wellknown lesbian activist, died after being stabbed with glass shards, during what's known locally as a "corrective rape." A used condom and empty glass bottle were found on top of her body.

South Ăfrica is "a viocountry toward women in general," Johnson points out. But the horrific incident is proof

that discrimination is hard to eradicate completely.

"Those in the Middle East and certain parts of Africa are still mired in a certain type of social conservatism that leads to violence," says Johnson, adding that poverty and religion complicate matters. What's worse, kids who are "different" are often denied an education. "Lesbian girls in Uganda get thrown out of schools," he says. "Transgender kids in

Belize and other places in the Caribbean cannot attend. Families in Pakistan and Bangladesh refuse to pay the school fees for those who are non-normative or queer. If you can't get an education, you can't support yourself and you'll always face discrimination.'

So what can one do? Activate. Unite. And be patient. "Time" is Johnson's prescribed cure. "It's generational," Gaga tells us.

The world will accept gays when they see they're normal people, like our postmen and doctors and ... international superstars.

'Gaga goes above and beyond for the rest of us," says Johnson. "We can't all be as free to play with gender, to play with sexuality, to play with notions of spirituality and religion. She does it for us and stands firm. So we deeply appreciate that. She's speaking out."



1991

Freddie Mercury of Queen dies of AIDS

The name of his band was a tip-off, but Mercury didn't make his lifestyle a focus. E

make his lifestyle a focus. But his death in 1991 brought attention to the disease. 2001

Michael Stipe comes out of closet

A major singer ends years of speculation by revealing that he's gay. Eminem accused of anti-gay slurs. He duets

They are currently brokering a peace agreement in the Middle East.

with Elton John.

2004

Beenie Man pulled from MTV VMAs

Gay rights groups claimed his lyrics were hateful; he apologized. R c a a L

Finally.

Ricky Martin comes out, as have Lance Bass and Clay Aiken

2011

Glee

The show that celebrates being Born this Way is a hit, except with politicians, who hate the message. Of course Lady Gaga's a fan!

### t cel-Born nit,

## IN GAY RIGHTS



## Canada's not there yet...

When word crossed the border months ago that the U.S. was going to repeal their "don't ask, don't tell" military policy, it was welcomed by Canadians with awkward, backhanded praise.

Out gays in the military? Canadian soldiers have had the right to be out since 1992. Same-sex adoption? 1999. Same-sex marriage? 2005. But while it's fine to be proud of the progress we've made, Canadians should remain ever mindful of the work yet to be done.

#### 1. No explicit protections for trans people.

Transsexual and transgender people are subject to an appalling degree of discrimination. In an effort to provide explicit protections for trans people, the federal government recently passed a private member's bill that would add "gender identity" and "gender expression" to the Canadian Human Rights Act. Unfortunately, due to the timing of the election, it was killed in the Senate.

Given the fierce opposition the bill faced from the Conservative party, it's unlikely our trans community will see these necessary protections passed by the now-majority Harper government.

#### 2. Homophobia in our schools

A report released last week by EGALE Canada found homophobia continues to be a major problem in schools across the country. Almost two out of three LGBT high school students do not feel safe.

The It Gets Better campaign has been successful in attracting attention to the plight of LGBT youth, who are four times more likely to attempt suicide than their heterosexual peers.

#### 3. Gay men banned from donating blood

In Canada, men who wish to donate blood are banned if they've had sex a single time with another man since 1977. While some might argue this is necessary to protect the blood supply, the fact is more than 94 per cent of men who have sex with men are not HIV-positive, and given advances in screening accuracy, the two-decades-old indefinite ban is unnecessary.

In many countries the deferral period is one year and it's been estimated that a five-year deferral in the U.S. would lead to an increase of 71,400 donors.

#### 4. LGBT senior citizens more vulnerable

Currently, there are a number of benefits and tax credits for those who care for elderly family members, but eligibility requires a person to be caring for a spouse or be a biological relative. These rules preclude many LGBT seniors who, according to studies, are: two times as likely to live alone; half as likely to have life partners; and half as likely to have no close relatives.

#### 5. LGBT at higher risk for hate crimes

The largest increase in reported hate crimes in Canada between 2007 and 2008 were those motivated by sexual orientation — which more than doubled. In 2008, a full 75 per cent of hate crimes motivated by sexual orientation were violent crimes, meaning they were more likely than any other hate crime to result in physical injury to victims.

ALEX DUFFY/EGALE CANADA

#### Canadian milestones

Canadian landmarks in the struggle for LGBT rights:

#### 1969

"Homosexuality" is decriminalized in Canada. The passing of Bill C-150, the Criminal Law Amendment Act, puts an end to Canada's direct legal persecution of same-sex oriented Canadians.

#### July 1971

Last Canadian imprisoned for "homosexuality" released. Everett George Klippert is released after being imprisoned indefinitely in 1965.

#### August 1971

 Canada's first gay rights march takes place in Ottawa. Approximately 100 people march to the Parliament buildings demanding fair policy for gay and lesbian Canadians.

#### 1977

Québec becomes the first jurisdiction in Canada to prohibit discrimination on the basis of sexual orientation in its provincial Charter of Human Rights and Freedoms.

#### March 1981

 More than a thousand people flock to St. Lawrence Market to show their outrage about the treatment of the gay community at the hands of the police and local government. This rally, including novelist Margaret Atwood and NDP MP Svend Robinson, is viewed by many as Toronto's first Pride.

#### 1995

 Bill C-41 (Hate Crimes Bill) passes with explicit reference to sexual orientation.

#### June 1996

 Sexual orientation written in to Canadian Human Rights Act.

#### 2000

 Same-sex common-law partnership recognized by federal government.

#### June 10, 2003

 Ontario becomes first province to recognize same-sex marriage.

#### July 2005

Canada becomes the fourth country to allow same-sex marriage. Bill C-38 receives Royal Assent and same-sex marriage is legalized nationwide.

#### December 2006

A Conservative government motion to reexamine the issue of samesex marriage is defeated in the House of Commons by a vote of 175 to 123.

## 'I WAS BORN TO BE B

#### Contest

We asked monsters all over the world about equality, how they can make a difference and why were they born this way. Here's what they told us.



# MONGTER

#### Editorial assistant Jeroen Engelen, 20

"Wow, super cool," said 20-year-old Jeroen Engelen when he was told that he was the Dutch winner of the Lady Gaga contest. Metro asked him a few more things about his love for Lady Gaga.

#### Why were you born this way?

My entry is very ambiguous. It's a little story, actually, where I tell how I've become a fan. One day I received a light from outer space, from some sort of Goddess. The reason why I'm born this way, is that I use this light. I've given it a place, but it keeps changing, it's getting bigger. Lady Gaga is an inspiration to me, her music has made me into what I am now. Every Gaga song has made me stronger. I'm creative, I'm schooled in graphic design. Lady Gaga motivates me in what I create myself.

#### What does an equal world look like to you?

That would be a world where everyone respects each other. Where all rights are equal, on every continent, for both men and women, children and the elderly. And where there's no war. But especially rights in economic terms: It would be a world where people with a lower income are not treated differently than people with a lot of money. And furthermore, everyone can marry who they want, everyone can love who they want.

#### How long have you been a fan?

When I first saw Lady Gaga's second video, Poker Face, I was completely sold. I had been waiting for her! I didn't know why exactly, but she was inspiring. And she still is. I've visited every concert and I follow her every move.





"At the end of the day we are all interconnected to some degree.

It's tough to walk

around with the idea that you are different from everybody else, while you see yourself as perfectly normal."

#### Lyle Reimer, 33



"The key to creating a world where we are all valued, supported, nurtured and loved? Recognize that we're all the same."

#### Maude Larose, 18



that concerns me because first and foremost,

"Equality

between

men and

women is

something

we are human beings. A woman is worth as much as a man."

#### Jeimmy Romina Carroza Allup, 22



make a change here in Chile and beyond, in my opinion, we should accept gay marriage. It

"To begin to

would be a good start to begin to open Chilean people's minds."

#### Garifallia-Elizabeth Deligianni, 20



"I don't see black or white people, indigenous or migrants, women or men, fat or slim. What

we need to see is that all of us are people."

#### Jorge Andrés Zamora, 16



"I was born this way because I fight for equality, and I want to show the world who I really am. I

have the potential to make change, to tell people that being different is not bad."

#### Gregory Wong, 32



born to be the man loving my lady ... and now I'm a daddy!"

#### Flóra Németh, 21



"(Young people) are very much open, and I think this is good. We are the gen-

eration who can bring this world to a new stage, — we have the opportunity to change."



#### **Josef** Neumann, 18



"People rarely talk about homosexuals in a positive way It is still taboo to many. I talk to people so

they can know us better. I don't hide my sexuality ... Everybody should be proud of who he or she loves."

#### **Jakob** Kolda, 21



"I think it's important to have spokespeople. People who dare to

come to the forefront. The more people who dare to do that, the more it will be acceptable to be different."

#### Cajas, 19



"I want to make peonle feel secure not afraid, not alone, I want to help people break

the walls of fear. Without racism, homophobia, and hate, this planet would be paradise.

#### Tzortzis, 20



'Growing up in a . multicultural environment taught me tolerance. I still believe that I have

not lost myself because I have had enough strength to listen to my heart."



'We are all born to accomplish a mission on Earth, This is not an easy task. Everyone will have his

or her share of suffering, happiness, love ... It is our destiny!"

#### Name: Lyle Reimer Age: 33 From: Richmond, British Occupation: Makeup In a loving relationship with partner Raymond for 12 years

"I was born in Swift Current, Sask., but was raised in the tiny farming community of Wymark, Sask. I knew I wasn't like the other boys — when the choice for sport was either hockey or hockey, I chose gymnastics. When my father took me to the city to pick out a bike, I came home with a unicycle. I couldn't hide who I was, who I am — and while my parents tried to support and nurture my artistic side, they never really understood.

Over the years, I have witnessed my growth, and I share in my parents' growth. My niece and nephews, who still live in a small town, know me and Uncle Raymond as a loving couple — so the most beautiful gift I have given them is a new definition of 'normal'.

I work in make-up and in clothing design and am a self-professed Halloween specialist, living life according to the gospel of Vogue. Yes! I was born this way!"

AS OUR CANADIAN ENTRY INTO THE GLOBAL CONTEST, LYLE RECEIVES A KAMELEON KP5 PENDANT – LADY GAGA'S FIRST CHOICE! – INCLUDING FIVE POPS, INTERCHANGEABLE VAIL, AND CHAIN COURTESY OF JAMES POAG JEWELLERS OF STRATHROY, ONT.

#### **Job** Favela, 27



'I was born this way to follow the strength of mv name. to question and grow in

spirit, to make others question themselves, to go against all who opposes natural morality."

#### Tiago José Silva Eugénio, 16



'People do not accept me. They tell me I should not use this or

that, say that I only talk to silly people. Gaga made me realize that all of this is only a phase of my life."

#### Evgenya Zakharova, 23



"I care a lot about inequality in family relationships. The future of our children

worries me the most. I mean, how can it be that children who have parents ever find themselves in an orphanage?"

#### Petsy von Köhler, 22



'I see myself as impossible to label and as an individual, not as a gender or a sexual ori-

entation."

#### Ashley Gagnon, 22



"I'm trying to be an attorney tohelp fight discrimination and to help eople who can't

help themselves."



metr # / A / / / / / / / / / / / / / metronews.ca tuesday, may 17, 2011

## Mother Monster's reach

**Equality** Are you influenced by our quest editor's music and message? Metro conducted a global survey of our readers to find out:



"Maybe I could handwrite the answers," said Gaga.

## LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app — updated daily!









## Dear Lady Gaga

**Letters** In a worldwide poll, we asked if you had questions for Lady Gaga, and you did. Yesterday, she answered a few right here in our office. (We'll never wash that pen.)

### How important to you is being a role

VORT BUT DEChops more important to push the "idea" of what a role model can be. soon the limits. The boundaries. Sometimes the most unusuming choracters one the best tole models.

## If you could change one thing in the world, what would it be?

- That humonity could find tourness. We are all different, Don't hide yourself in and it is that which makes us the same.

#### Who are your heroes?

YOKO ONO ONON MUSIC ANDIMORHOL TINKARBELLMADIYN DOWN BOWIE KISS MY WIOS GREATED &
LITTLE MONSTERS KINDY LOLA HUGER &
MY MOTHER MONETH DEACH LAWRER &
ALEXANDER MONETH DEACH LAWREN AND &
THE SUN EMONETH DENGLINE THROUGH A

LEVENT STONE DENGLINE THROUGH A

LEVENT THROUGH A JOHN TENNOUSORIA DOWNE DE GESTION Princes The World New Bingan Sneet York &

Do you struggle with self esteem?

Do you ever want to be anonymous?

#### Do you have any regrets?

yes. elegat, just live gourself and you're at.

## Does your parrot talk too much?

Place your ad in Metro classifieds metroclassifieds.ca | 1 800 527-6767 metre // // 1// metronews.ca tuesday, may 17, 2011

#### In the beginning: Music vs. Fashion

**T** f you're a high fashion stylist, you don't touch music. That's the rule. So when I started working with Gaga people were really surprised. But I was in a place where I was feeling frustrated with myself. I had been in London for 10 years and was ready for a change. I really liked her video for 'Paparazzi' and felt like she was taking it somewhere interesting. I loved her look. So I suggested her to a few magazines for a cover shoot. And they were like, 'No. Who's that?' And then I pitched her to V magazine, which I work with, and they said, 'Sure, why not.' They were the most supportive."



## Like minds: When two 'crazies' become one

to take her somewhere else that she hadn't been to. I wanted to bring her more into high fashion. I had



Givenchy, Chanel, Versace. So she shows up to the shoot at 8 a.m. in her whole look: Outfit, hair, makeup and heels. I was like, 'This bitch is crazy. She's living it. That's unheard of. Most celebrities turn up wanting you to dress them. I was mesmerized. And she had this great body with all these tattoos. I told her, 'You should let me shoot you naked.' She was like, 'You have all these amazing clothes, why would you want to shoot me naked?' I said, 'Let's do naked.' And she later told me, that's when she knew that I was as crazy as she is. We con-

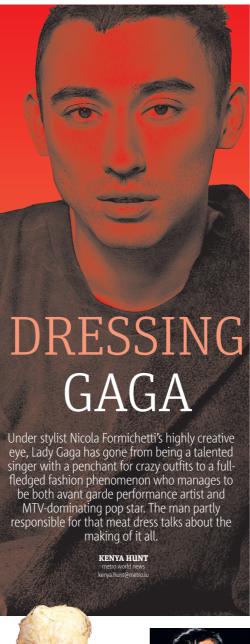
brought all of these re-

ally amazing clothes -

Fashion snobbery: Reeling in the couture

n the beginning, it was tricky calling in clothes for Gaga because none of the designers wanted to work with her with the exception of Lee [Alexander McQueen] and Miuccia Prada. They were

both supportive from the beginning. I remember every single designer who said no. I will never forget [laughs]. And since then, every single designer has come back asking to work with her."



Outfit changes: Seven in one go

Gaga a celebrity. I consider her a performance artist. Celebrities on the red carpet selling a hideous dress — that concept is so Hollywood and fake and bland. In a way, celebrity is the death of fashion. Gaga doesn't work in that formula. She studies the fashion and art world. She's not just wearing it. When we do the red carpet, we want it to be a bit off. We want it to mean something, like the egg at the Grammys. At our first VMA Awards - the one where she bled to death on stage - we did seven outfit changes that night. I was standing backstage with all of these safety pins. And they were like, 'Who are these people?' It was a little fashion show."



### One-upmanship: No pressure

never look at it as Gaga and me trying to top the last outfit. We just both get bored easily. We're always reading crazy, random things and emailing them to each other for inspiration. We don't want our fans seeing the same thing over and over. We've had days when we just do pared-down denim and a T-shirt, but then that becomes a



statement in itself. I love denim and am always thinking of ways to do it so that it looks new. But she's always in leather. That's her. It's hard to believe we've only been doing this together for two years."

### Follow this man's Tumblr

Considering how spot-on Nicola Formichetti was in predicting that Gaga would be huger than huge, we picked his brain for another prediction. "Tumblr Tumblr, Tumblr. **Blogging** is dead. It's all about Twitter and Tumblr," he says. "I love that Tumblr is so visually-based. It's huge. When one of my fans posts something on Tumblr and then they see me reblog it, they go wild. That's the amazing thing about the Internet, that it allows people to connect with their followers directly."



#### Mugler: Taking it to the runway

'm not a designer, I never went to fashion school. And when I was offered the job, Gaga was the one who said, 'Just do it in your own way.' She's not contracted to Mugler. We're purely friends

and just dialogue about it. She's involved. When she walked in the show, she worked those heels better than the models! She wears high heels at yoga. And Gaga bought every piece and has been wearing them these past few months. But the clothes are ageless, they are for a woman with an attitude. We wanted them to be easy to wear. We focused on the fabrics and the silhouettes."

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to "suggest a connection" between two incidents early Saturday morning in Halifax's south-end and other break-and-enters, including about 20 sleep-watching cases in the city since October 2009.

At about 4:30 a.m., police were called to a break-andenter on Tobin Street. Police believe a man entered through an unlocked door. turned on the light and woke up a female tenant.

confronted by the person, and nothing was taken.

About 30 minutes later. police were contacted by a woman about a man looking into her window on nearby Lucknow Street. A man was spotted outside the residence by officers, but he fled and wasn't lo-

"It doesn't appear the person took any interest in the people in the residence," advised Const. Bri-

#### Foiled twice

Police are investigating whether the same person is responsible for both incidents.

an Palmeter. "And in the first case, where they actually gained entry, nothing was stolen, but that may be because they were confronted by the residents."

PHILIP CROUCHER

## Cases not related to peeping: Cops Police say there's nothing The man fled after being The man f

Aaron Marriott was handed a 15-year sentence for the shooting outside the IWK Health Centre in 2008.

The 20-year-old pleaded guilty to a charge of attempted murder in April. He shot Jason Hallett, a known associate of the Melvin crime family, outside the hospital on Nov. 18, 2008.

Marriott was not given

credit for time served so his sentence is equal to 17 and a half years.

Also charged in the shooting are Shaun Smith, Jeremy Leblanc and Matthew Murphy.

Smith will be sentenced for his conspiracy charge tomorrow. Leblanc and Murphy have court dates set for Thursday and Friday.

• JENNIFER TAPLIN

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On the web at metronews.ca

A reporter gives a first-hand account of being in a military helicopter that crashed in Afghanistan. Video at metronews.ca



## Coach faces additional charges

Police searched Potvin's Portland Hills Drive residence Friday morning



A Dartmouth volleyball coach is facing three new sex-related charges.

Joseph Emile "Luc" Potvin, 53, was arrested last week and charged with luring a child, sexual exploitation and possession of child pornography. Police investigated Potvin, a girls' volleyball coach at Ändrew High School and a local youth team coach, after they received a complaint regarding his conduct with a

17-year-old girl.
Yesterday, police said
Potvin is facing new charges of sexual assault, production of child pornography and distribution of child pornography.

"We were still reviewing evidence and information that was gathered through

#### Remanded

Potvin has been remanded back to the Central Nova Correctional Facility, where he has been since Friday.

the course of our investigation," said Const. Brian Palmeter, spokesman for Halifax Regional Police. "It was determined these additional charges were warranted in this case."

Potvin appeared in court yesterday to be arraigned on all six charges. His appearance was brief, with him sitting quietly next to two sheriffs.

He will be back in court tomorrow for a show-cause hearing.

Doug Hadley, Halifax Re-School Board gional spokesman, said Potvin started coaching the girls' volleyball team this year.









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# Weather puts a damper on things

Nine HRM ball fields are open, but rest have delayed openings because of rain ● Forecast is calling for return of sun soon, possibly tomorrow





Rain is a blessing if you're a firefighter, but not so much if you're into golf or gardening.

The dreary, saturating rain continues today for the ninth straight day. It's depressing for almost everybody — and especially for anyone involved in a weather-dependant business like gardening.

The May long weekend is creeping up and usually

#### How much rain?

It's a lot of rain, but it's no record. Between May 1-15, 102.8 millimetres of rain fell, but it's off the pace of the record: 318.7 millimetres for the month, set in 2005.

it's like a Christmas boom for gardening centres.

"But we see it's slower as nobody wants to be outside and in their garden," said Emily Tregunno of Halifax Seed. But it will be sunny sometime, and sales will balance out, she added.

In the meantime, Tregunno is advising gardeners to take advantage of the wet soil to transplant shrubs and do some weeding

"And it's probably going to be a very stellar season for slugs."

It's also dismal out on the golf course. Gavan Fitzpatrick at Grandview Golf and Country Club said their season opened May 1 and revenues are substantially down compared to last year.

"Some of the members who have been here since the beginning, 1987, don't ever remember a start like this."

Perhaps the only ones thinking of the rain as a blessing are firefighters as brush fires are sparse this spring.

Between Jan. 1 and May 11, 2010, there were 213 fires that covered 498 hectares. Compare that to 80 fires this year, which covered 105 hectares.

## Premiers mull federal funding

A push by Atlantic premiers for a new federal funding formula that addresses the region's aging population is being described by an economics professor as a "hard sell" in the rest of the country.

But Lars Osberg of Dalhousie University said Sunday recognizing the extra cost of health care on the East Coast is an idea that has merit, particularly since the workforce of western provinces partly consists of young people from Atlantic Canada.

"They're educated at our expense, and now they're out building stuff in the tarsands," he said. "That's exactly one of the reasons for equalization. We need a common level of public services so people can move around the country."

The thorny issue of federal transfer payments,



which are set to expire in 2014, was discussed during a two-day meeting of Atlantic premiers that concluded yesterday in Fredericton, N.B.

Despite talk of establishing a united front on the matter, the premiers emerged from their meeting saying they need more time to develop a regional position.

Nova Scotia Premier Darrell Dexter said they want to know where other premiers stand.

THE CANADIAN PRESS

BOARD OF POLICE COMMISSIONERS

#### Violence up, crime down, report says

Police are reporting violent crime was up in the first quarter of 2011 compared to last year, but crime in general is down over five per cent.

Halifax Regional
Police and Halifax RCMP
submitted a report to
the Board of Police Com-

missioners yesterday.

Violent crimes like homicides, attempted murders and assaults are up over seven per cent compared to the same time period last year.

But break-and-enters are way down — 26 per cent — and so are thefts over \$5,000, which are down 55 per cent. Thefts from vehicles, however, are up by 41 per cent.

Prostitution is down by 42 per cent.

Drugs are in the federal jurisdiction, and those incidents were down in HRM by 11 per cent.

METRO



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◆ The area surrounding the town of Slave Lake, Alta., was a hotbed for fur trade in the 19th century, with the Hudson's Bay Company establishing one of its trading posts at the mouth of the lake ◆ Foresty, oil and gas exploration gradually replaced the fur trade as the town's main economic drivers ◆ The community that grew into present-day Slave Lake was incorporated as a town in 1965





shley Brazean left Slave Lake, Alta., a year ago to start a family of her own, leaving behind her mother, sister and aunt — and a slew of memories.

"That's my whole childhood that just burned down," said Brazean as she dropped off donations at the Westlock Community Hall, now an evacuation centre for her former town, 160-kilometres away.

Police said nearly a third of Slave Lake has been destroyed by two blazes that left about 10,000 people without homes or waiting to hear of their home's fate.

Brazean's mother's, aunt's and sister's homes are all gone, she said.

#### How to help

- Cash donations can be to the Red Cross at 1-800-418-1111 or www.redcross.ca.
- ➤ Donations to the Salvation Army can be made at 1-800-SAL-ARMY or www.salvationarmy.ca.
- Those trying to locate individuals who have been evacuated can call the Red Cross toll-free number.
- Displaced residents are asked to register with the Alberta Red Cross at 1-800-565-4483.

Slave Lake Mayor Karina Pillay-Kinnee said that, despite earlier reports, the RCMP station was still in tact but that the town hall and library were levelled.

Evacuation centres filled up in Westlock and Athabasca, where no motel rooms were available by late day. Edmonton's Expo Centre also took those affected.

Residents, many given minutes to evacuate Sunday, were initially told to stay off highways. In doing so, many were forced to change course as they tried to flee flames.

"It looked like a nuclear bomb hit," said Ian Cameron, who left with his girlfriend.

"It was chaotic, a thousand or so people trying to leave at the same time."

Like many, he is not sure if his home will be there when he gets back.

## Fires ravage beloved haven for nature lovers

devastating wild-fire that has already destroyed a third of the homes in Slave Lake, Alta., is laying waste to a peaceful community that has long been a haven for nature lovers and outdoor sports enthusiasts.

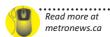
The town of Slave Lake, located 250 kilometres from Edmonton, has historically relied on natural resources for its economic survival.

The town website invites visitors to avail themselves of the white sand beaches and marinas in the area and take part in the recreational activities available during the

summer. "Whether you enjoy taking a dip in the lake, world-class walleye and northern pike fishing, sailing, windsurfing, building sandcastles, hiking or birding, there's something to inspire and rejuvenate people of all ages," it says.

The wildfire sweeping its way through the town is not the first natural disaster to hit the area.

The original town, then Sawridge, was destroyed by a flood in the 1930's, prompting the community to settle in a new location.



# 'What advice would you give your 15-year-old self, knowing now what you didn't know then.'



I know that you've already figured out you're gay. Now you have to fig-

ure out what to do about that. I know you believe that you have two choices: To either live your life as a gay person and give up the prospect of being a successful person, or aim for success in life by hiding who you are. As gently as possible, under standing this is a tough time for you, let me tell you that you are wrong. You don't need to make that choice. The first thing you should do is trust other people. Start with one other person — tell him or her about yourself, about your struggle. Then find a second person. Then another. You will find that their love for you, their respect for you, is much stronger than your fears. And you'll discover that worries are best shared with others.

Alex Munter was the Ottawa area's first openly gay elected representative and is now CEO of the Champlain Local Health Integration Network.

## Safe at school?

LADY TATA

The Egale Canada Human Rights Trust's report, Every Class in Every School suggests school is hell for many LGBTQ students.

The report found twothirds of self-identified LGBTQ students reported feeling unsafe at school. More than half reported verbal harassment and more than a fifth have faced physical harassment or assault based on their sexual orientation. Meanwhile 70 per cent heard homophobic expressions such as "that's so gay" every day in school. ALEX DUFFY/EGALE CANADA metronews.ca Tuesday, May 17, 2011

# World court urges warrants for Gadhafi

Persecution persists in Gadhafi-controlled areas
 ICC claims there is enough evidence to go to trial

The International Criminal Court prosecutor asked judges yesterday to issue arrest warrants for Libyan leader Moammar Gadhafi and two other senior members of his regime, accusing them of committing crimes against humanity.

Luis Moreno-Ocampo says there is evidence that Gadhafi, his son Seif al-Islam Gadhafi and intelligence chief Abdullah al-Sanoussi ordered, planned and participated in illegal attacks. He said Gadhafi's forces attacked "These are not just crimes against Libyans; they are crimes against humanity as a whole."

LUIS MORENO-OCAMPO, ICC PROSECUTOR

civilians in their homes, shot at demonstrators, shelled funeral processions and deployed snipers to kill people leaving mosques.

Judges will evaluate the evidence before deciding whether to confirm the charges and issue international arrest warrants.

The warrants are not expected to have an immediate impact on the war in Libya, but could make it harder for targets to go into exile. Because the Security Council ordered the ICC investigation, all U.N. member states would be obliged to arrest Gadhafi if he ventures into their territory.

The Libyan conflict appears stalemated, despite NATO air strikes. Gadhafi has vowed to fight to the death. THE ASSOCIATED PRESS



#### Shuttle's final flight

U.S. Representative Gabrielle Giffords, recovering after being shot in January, watched her husband, Mark Kelly, power into space on Endeavour.

# 'What advice would you give your 15-year-old self, knowing now what you didn't know then.'



not a phase. Here's the important part: Being gay is going to do some-

thing incredible. When you realize what it means to be on the receiving end of injustice, you're going to figure out what it takes to stand up and fight. Guess what, 15-year-old self, you're wrong. You're going to get it right eventually, so keep doing what you're doing, follow your heart, never give up and keep changing the world one day at a time. That's all it takes and don't ever let anyone else tell you otherwise.

Ryan Clayton, Activist



### Vatican letter targets sex abuse

The Vatican told bishops around the world yesterday that it is important to co-operate with police in reporting priests who molest children, asking them to develop guidelines for preventing sex abuse by next May.

But the letter from the Congregation for the Doctrine of the Faith made no provision to ensure the bishops follow the guidelines and victims groups immediately denounced the recommendations as "dangerously flawed" because they stress the exclusive authority of bishops to determine the credibility of abuse allegations.

"Our central concern is that bishops and religious leaders retain enormous discretionary powers to decide if an allegation is credible," said Maeve Lewis, executive director of the Irish victims group One in Four

The letter marks the latest effort to show that the Vatican is serious about

rooting out pedophiles from the priesthood, a year after the sex abuse scandal exploded on a global scale with thousands of new victims coming forward in Europe and beyond.

But the vague, nonbinding measure failed to impress advocates, who blame bishops, bent on protecting the church and its priests, for fueling the scandal.

Without fear of punishment themselves, bishops frequently moved pedophile priests from parish

#### **Letter: In Brief**

Bishops should be prepared to listen to victims, create a safe environment for minors, better screen seminarians and ensure they receive proper training about celibacy and the effects on sex abuse victims.

to parish rather than reporting them to policed.

THE ASSOCIATED PRESS



# 'Like losing a ship's captain'

• Arrest of IMF chief is a formidable loss as Europe grapples with debt • Could signal an overhaul of the Washington, D.C.-based fund

The arrest of Dominique Strauss-Kahn, head of the Monetary International Fund, has added a layer of uncertainty to Europe's debt crisis as it removes a heavyweight financial expert from talks on how to save the 17-nation eurozone

Strauss-Kahn, who was France's finance minister when the euro was created in 1999, is an authority on Europe's economic issues and a canny operator in its complex web of power politics. His experience is perceived to have been crucial as the currency union deals with the biggest crisis since its inception.

"It's like losing an experienced ship's captain, while navigating particularly difficult, uncharted waters," said Jan Randolph, an analyst at IHS Global In-

The prevailing view in the short term, however, is that Strauss-Kahn's arrest won't affect this week's meeting of European finance ministers. Eurozone countries will sign off on Portugal's \$108-billion bailout and discuss whether to give Greece more help beyond its current \$152-billion rescue. THE ASSOCIATED PRESS

#### Charge sheet

- Dominique Strauss-Kahn was denied bail and ordered jailed in New York City yesterday.
- He is accused of attacking a maid who went in to clean his suite in the Sofitel Hotel.
- He is charged with attempted rape, sex abuse. a criminal sex act, unlawful imprisonment and forcible touching. The top count is punishable by five to 25 years in prison.
- Strauss-Kahn, a member of France's Socialist party,

- was widely considered the strongest electoral challenger next year to President Nicolas Sarkozy.
- The weekend arrest and subsequent publicity brought a cascade of other allegations. The lawyer for a French novelist said she was likely to file a criminal complaint accusing Strauss-Kahn of sexually assaulting her nine years
- **Prosecutors in Manhattan** say they are investigating at least one other similar allegation against him at the Sofitel.



in Manhattan Criminal Court for an alleged attack on a hotel maid. He was denied \$1 million US bail

#### **Come Celebrate National Public Works Week!**

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**News in brief** 



#### Canada at risk in debt crisis

OTTAWA. Canada's fiscal advantage will go only so far in protecting the country against a global debt crisis, Bank of Canada governor Mark Carney warns. The ratio of debt to gross domestic product in G7 countries is the highest since the Second World War, he says. While Canada is one of the few advanced economies whose debt-to-GDP is projected to fall, Canada could still be sideswiped,

as it was in the 2008 recession. THE CANADIAN PRESS

#### Visitors spend princely sums

LONDON, ENGLAND. Shopkeepers in central London are celebrating after spending by international visitors during the royal wedding soared by 122 per cent, the biggest rise in two

#### TMX bid is 'truly Canadian'

years. The associated press

TORONTO. Maple Group the Canadian consortium offering \$3.6 billion for TMX Group — says its bid means there will be no job cuts and the operator of the Toronto stock exchange will remain publicly traded. THE CANADIAN PRESS

'What advice would you give your 15-year-old self, knowing now what you didn't know then.'



that vou're really scared right now, but it's going to be all right. School

will get really tough. However, the experiences will shape you into a stronger and better person. Your friends and family love you and will always be here for you. They are your strongest support-

You are going to do great things in your life. Keep your chin up and be who you are. Also, you turn out to be a smoking hottie!

Noel A. Scott **Forest City Pride** 

### RIM recalls PlayBook

Another setback in bumpy transition toward a new generation of products

Research In Motion has recalled about 1,000 of its PlayBook tablets due to a faulty operating system, another setback in the Black-Berry maker's transition to a new generation of products.

"The number is relative-

"The number is relatively small given expectations for tens, if not hundreds of thousands of units, sold in the coming weeks," Edward Jones technology analyst

Bill Kreher said yesterday.

He said he expects two million PlayBooks to be over the next 12 months. But it's "absolutely critical" that RIM get its upcoming new BlackBerrys smartphones to market without any problems.

The Waterloo, Ont., company has said it will launch two new BlackBerry Bold smartphones with an updated operating system at

the end of the summer. A new generation of Black-Berrys using the same operating system as the PlayBook tablet isn't expected to hit the market until early next year.

RIM said most of the faulty devices were still in stores and hadn't reached customers. The recall affected the 16-gigabyte version of the PlayBook.

THE CANADIAN PRESS





#### One look says it all

Mainland Chinese shares lost ground yesterday after the latest increase in the central bank's reserve requirement for banks. The benchmark Shanghai Composite Index lost 0.8 per cent to 2,849.07, and the Industrial & Commercial Bank of China lost 1.5 per cent. With inflation still over five per cent and more tightening measures expected, a bull market for China seems a long way off.

# Americans will take to skies in summer

Even with higher fares, more people will fly this summer than last year, especially overseas, a U.S. airline-industry trade group predicts.

If the forecast by the Air Transport Association is correct, travel will remain below pre-recession levels. In 2007, U.S. airlines carried a record 217 million summer travellers.

The airline trade group expects minimal growth in domestic travel this summer, but a record 26.3 million passengers on international flights operated by U.S. airlines, topping 25.8 million in 2010. The group said that's partly due to stronger economies outside the U.S. And, while driving is an option for summer trips in

The Air Transport
Association expects
206 million
passengers will travel
on U.S. airlines in
June, July and August,
a 1.5 per cent increase
over the same months
in 2010.

this country, North Americans must fly to get to Europe or Asia.

Airlines in the U.S. have raised fares more than a half-dozen times this year to cover a 30 per cent increase in fuel prices, but they still lost \$1 billion US in the first quarter of this year. Still, if summer travel matches the forecasts, and if the recent drop in oil prices sticks, the airlines are likely to avoid a repeat of 2008, when record fuel prices spurred talk about which airlines were most likely to go bankrupt.

THE ASSOCIATED PRESS



#### **Universal Accessibility Study**

#### 2<sup>nd</sup> set of Public Consultation Sessions



Metro Transit and IBI Group will conduct four additional Public Consultation Sessions as a follow up to the initial Universal Accessibility Study information meetings, which were held in early March 2011.

Metro Transit is looking for customer input regarding recommendations to a number of accessibility-related issues around conventional bus service, including

existing infrastructure (vehicles, terminals, bus stops, shelters, etc.), on-board wheelchair/scooter restraint systems, customer communication and information (website, schedules, & maps), as well as transit guidelines and policies.

Once completed, short and long-term accessibility improvement recommendations to the fixed route transit service will be developed and presented to Regional Council for review/approval in spring/summer 2011.

Wednesday, May 25, 2011	Thursday, May 26, 2011
Saint Andrews Community Centre 6955 Bayers Road, Halifax	Dartmouth North Community Centre 105 Highfield Park Drive, Dartmouth
Afternoon session: from 4:00 pm to 5:30 pm Evening session: from 6:00 pm to 7:30 pm	Afternoon session: from 4:00 pm to 5:30 pm Evening session: from 6:00 pm to 7:30 pm

The sessions will consist of a 10-15 minute presentation, followed by a question & answer period.

For registered Access-A-Bus clients wishing to attend, please contact the AAB Scheduling Department at 490-6999.

If you are unable to attend the public consultation sessions, we invite you to leave your comments/ suggestions regarding improvements to accessibility by contacting 490-4000 or via email at contactHRM@halifax.ca



### ZEN AND THE **ART OF CLOSET MAINTENANCE**

#### SHF SAYS ...

IESSICA NAPIER METRO

I have too many clothes. I know this for a number of reasons: the current balance in my chequing account, the fact that I can wear a different floral dress

everyday for a 16-day period and, last week, all of the shelving in my walk-in closet collapsed.

Yes, the weight of my excessive shopping habit literally came crashing down on top of me — taking a significant amount of drywall with it in the process.

The untimely failure of my heavily burdened clothing rail forced me to do something I had been putting off for a while — edit my wardrobe. It took four painful hours to gather all my garments, make three piles (keep/garbage/donate) and then reassemble the keepers in a temporary shelving unit.

But once I did it I felt a rush of satisfaction. Here I was staring at a significantly smaller collection of clothes

"Paring down my belongings and de-cluttering my life has left me feeling surprisingly Zen about my previously cramped apartment."

and, yet, I was thrilled about it. Goodbye, pilling cardigans; see ya, ironic graphic tees; sayonara, jeans I haven't fit into for three years! Once I said so long to all my obsolete outfits, I felt as if an enormous unfashionable weight had been lifted off my shoulders

I wanted more of this organizational high, so I went on a weeklong cleaning binge, banishing the piles of cheap tangled necklaces, the rusty frying pans that would surely poison me if I used them and the DVDs

collecting dust in an era of iTunes. Once I started, I couldn't stop.

In my youth my mother would roam around the kitchen shrieking "surfaces darling," mimicking Absolutely Fabulous diva Edina Monsoon. "I just want SURFACES, darling. I don't want this, look, I don't want this. I don't want THINGS on PLACES like that."

And that's the point. I don't want things on places; I want to purge all the unnecessary bits and pieces until I am left with clean countertops, smooth bed linens, books tucked away on shelves, coats hung in closets, hats upon racks and so forth.

It seems the advertisers have been lying to us all along — less stuff actually equals more happiness. Paring down my belongings and de-cluttering my life has left me feeling surprisingly Zen about my previously cramped apartment.

I have become an anti-hoarder and I want to spread the gospel of minimalist living to you, dear reader. You must be ruthless with your sentimental knick-knacks; take a hard look inside those crowded cupboards and overflowing drawers, and you will realize that most of those trinkets and tchotchkes you have collected over the years aren't keepsakes — they're actually just crap.

••••• Read more of Jessica Napier's columns at metronews.ca/shesays



Register at metrolifepanel.ca and take the quick poll

How often do you go to the doctor?

50%



ALMOST NEVER. I AVOID IT LIKE THE PLAGUE

LAST YEAR

0%





#### Local tweets



@huskermould: damn it. Pearl Jam not coming to

halifax. Guess Eddie Vedder had enough #keiths beer for one lifetime. @SuzieMcNeil: Hello rainy

- Halifax! Nice to see you again you handsome so and so ...
- **@jenfaulkner:** Feeling sorry for cruise passengers in #halifax at this time of year. Just wanna walk up & hug 'em. There outta be a law: no cruises til June @Allisomething: A little concerned that my retinas

will burn when the sun ac-

- tually decides to come out. #hfx #Halifax
- @erica\_newman5: Hey Halifax, I'm pretty sure the saying doesn't go "April showers bring more May showers." Just a friendly heads-up.
- ▶ @HalifaxRainmen: #halifax Rainmen summer bball camp 1st week July 4-8. Running the camp will be Rainmen player Dez Ferguson aka @iamMoneyball. Register now!
- @vdewolfe: Why did Lululemon Halifax move inside Mills? Not an easy place to find.

#### Worth mentioning

BRUSSELS, Belgium. The Iberian lynx that prowls the grasslands of southern Spain. The Mediterranean monk seal swimming in waters off Greece and Turkey. The Bavarian pine vole that forages in the high meadows of the Alps.

These are among hundreds of European animal species — up to one-quarter of the total native to the continent - that are threatened with extinction according to a warning issued this month by the European Union.

The threatened species include mammals, amphibians, reptiles, birds and butterflies. Plant life is under threat as well. The crisis is due to several factors, including loss of habitat, pollution, alien species encroachment, climate change and overfishing.

Critics say the EU's proposed solutions don't go far enough and lack funding.

Life is possible because of biodiversity," said Ana Nieto, with the International Union for Conservation of Nature. "Everything comes from biodiversity. Everything comes from having wellfunctioning ecosystems." THE ASSOCIATED PRESS

Cartoon by Michael de Adder



**Oprah trumps U.S.** justice system

The fervour over Oprah Winfrey's final season has even hit U.S. federal court again.

A potential juror in the trial of a Chicago businessman accused in the 2008 Mumbai terror attacks has been given permission to miss a day of jury questioning to attend a taping of The Oprah Winfrey Show. It's Winfrey's last season, and some final episodes are being taped at Chicago's United Center.

The juror was one of nearly 100 in court yesterday for Tahawwur Rana's trial. Rana's attorneys took the matter in stride, calling it a big Chicago event.

Last month in another federal trial, a judge in ex-Illinois Gov. Rod Blagojevich's corruption trial dismissed a juror who had tickets to Winfrey's show and was worried jury duty would force her to miss

it. THE ASSOCIATED PRESS



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## Fox hopes Cowell is a ratings X-Factor

♠ American network unveils fall TV schedule ♠ America's Most Wanted cut, while new Spielberg prehistoric drama Terra Nova gets green light

Fox is cancelling America's Most Wanted, the Saturday night show that has profiled criminals on the lam since 1988, and replacing it on the network's regular schedule with reruns.

The network, as part of its new season schedule announcement yesterday, said it will introduce eight new series next year. They include Simon Cowell's talent show The X Factor, which was given time slots in the fall similar to American Idol.

Fox said it would do four, two-hour America's Most Wanted specials next season, but it will no longer be a regular fixture on the network schedule. The series, hosted by John Walsh, debuted in April 1988 and has been on Fox's Saturday night schedule since 1994.

"We have not made money on the show for a while," said Kevin Reilly, Fox's entertainment president. "It was economically getting to the place where it was not viable anymore. but we wanted to keep the concept alive '

Instead, Fox will use the time slot to repeat some of its dramas that appeared earlier in the week, a costsaving trend followed by other networks.

America's Most Wanted had a longer history as a regular series on Fox than even The Simpsons, the cartoon first seen as part of The Tracey Ullman Show in



1987 before becoming a series two years later.

Fox is excited about Cowell's return, following his exit as an American Idol judge last year. The X Factor has Cowell, Paula Abdul, Antonio "L.A." Reid and Cheryl Cole as judges, and has 90 minutes in prime time on Wednesday and Thursday nights.

"There's an excitement and a buzz around the show that we've never seen before," said Peter Rice, Fox network chairman, noting that The X Factor drew more people to its auditions than Idol ever has

If the show is a success it could be a game-changer for Fox, which has suffered in the ratings in the fall for years because American Idol doesn't begin until January.

Actress Zooev Deschanel will star in a new Fox comedy this fall tentatively titled New Girl. She plays a woman in her late 20s who moves in with three single guys after a bad breakup.

Another new Fox comedy, I Hate My Teenage Daughter, features Jaime Pressly and Katie Finneran playing single moms to teen-age daughters, realizing the girls are exactly

#### Schedule

Fox's schedule for the upcoming fall TV season.

Monday:

8 p.m. - Terra Nova

9 p.m. - House Tuesday:

8 p.m. - Glee 9 p.m. - New Girl 9:30 p.m. - Raising Hope

Wednesday

8 p.m. - The X Factor 9:30 p.m. - I Hate My Teenage Daughter

Thursday

8 p.m. - The X Factor

9 p.m. - Bones

Friday

8 p.m. - Kitchen **Niahtmares** 9 p.m. - Fringe

Saturday 8 p.m. - COPS

8:30 p.m. - COPS Sunday

7 p.m. - The OT 7:30 p.m. - The Cleveland

8 p.m. - The Simpsons 8:30 p.m. - Allen Gregory 9 p.m. - Family Guy 9:30 p.m. - American Dad

like the kids that once tormented them in high school.

Fox's new series also include the long-awaited debut of Terra Nova, Steven Spielberg's drama that sends a futuristic family back to prehistoric times. The series was filmed in Australia and is filled with special effects.

THE ASSOCIATED PRESS

#### 'What advice would you give your 15-year-old self, knowing now what you

didn't know then.'



back to my young guess I think of an Aero-

smith quote: "Never judge a book by its cover, or who your gonna love by your lover." I am a big, bodacious, gay, Native woman. I was an activist at 16. I became a lawyer at 30. I came out at 32. I started a comedy career at 34. I got my own TV show at 40. I married my wife at 42 and I still don't know what I want to be when I grow up. But don't waste your breath telling me what I can't be, because I won't even hear you. I live my life loud and proud. And what I've learned in these 42 years is that love trumps hate every Candy Palmater, Host of The Candy Show



stronaly advise my 15-year-old self to START NOWI Start be-

ing your true self, be a leader: speak, live and love loudly! Celebrate who you are and others will too (at least those who really matter). Also, the fact that you're gay is but one part of you nurture that side of you as you do the others, and be balanced. I would say, "Wee Ryan, honesty will work itself out like a splinter whether you like it or not, so you might as well be clear with yourself, stop worrying, and START BEING YOU"... Oh, and get started on your music career while you're young, and don't ever wear that paisley rayon shirt again. Ryan MacGrath, Canadian Singer/Songwriter





Famously private Penelope Cruz reveals her overwhelming feelings as a new mother in the June issue of Vogue magazine.

Čruz begins to cry when talking about her son. Leonardo.

She says she felt love for her baby "from the first second" he was born in January and when a parent sees their new baby's face they are "transformed forever." Cruz is adamant about keeping her son away from the limelight and says she and husband Javier Bardem want to make sure his life is "as anonymous as possible.

The June issue of Vogue magazine hits stores nationwide May 24. THE ASSOCIATED PRESS



talk show host Ricki Lake com

### **Baby Gaga talks to Metro**

Maria Aragon, the pintsized singing sensation that wowed Lady Gaga. talks to Metro about what her life has been like since she stepped on stage with the superstar at a concert in Toronto.

It takes a lot of guts to post videos of yourself singing for the whole world to hear. How did you even start doing that? After my sister got her YouTube channel...we thought it would be fun if I was on YouTube, so we did it, and I got a little bit of exposure 'cause I really like to sing. It's fun.

How do you learn a song?

On piano, I do it by ear, that's how I did the video Price Tag and Born This Way. But Waving Flag, after everything happened, I got piano lessons from Academy of Music here in Winnipeg and my piano teacher helped me figure out Waving Flag by ear.

ELISHA DACEY

## Don't try to be young' And at age 89, Betty White is proof you don't need

vouth to have success - and a lot of fun



A few Betty White turn-

She likes a cocktail before dinner and a weekly poker night. She has a taste for french fries and hotdogs, and a jones for crossword puzzles.

And, in service to her passion as a writer, reams of lined notebook paper really get her going.

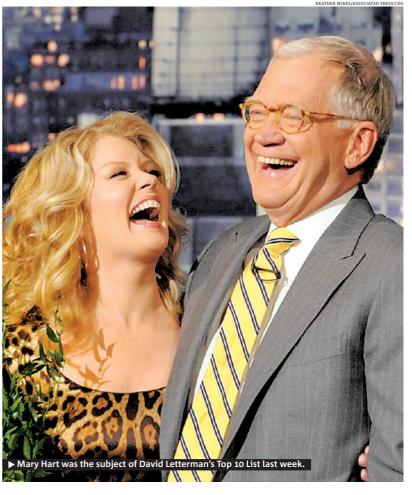
Indeed, White has written a new book, If You Ask Me (And Of Course You Won't). It's a chipper, hopscotching meditation on her life, loves and career with lots of photos.

By now, at 89, White has become a role model for how to grow old joyously. And more than that: for how to keep growing.

"Don't try to be young," she suggests. "Just open your mind. Stay interested in stuff. ...

THE ASSOCIATED PRESS





## ET will lose Hart

#### TV's pioneer celeb reporter is calling it quits

The list of exiting TV personalities seems to lengthen every day: Oprah Winfrey, Regis Philbin,Larry King, Katie Couric, Jim Lehrer, Meredith Vieira.

And don't forget Mary Hart, whose last Entertainment Tonight broadcast is Friday. Celebrity and entertainment coverage has changed markedly since she began anchoring the show in its first year in 1982.

It was the first weekday syndicated show devoted solely to entertainment news when it began, and has remained at the top of the ratings as similar shows came along. And ET (as it is fondly known), remains one of the top sources for celeb news among the many other shows, websites, magazines and news outlets now covering the subject.

"She will be missed," said Bill Carroll, an expert

#### Hart attack

In 1991 a medical journal reported that the sound of Hart's voice triggered seizures in an epileptic woman, which inspired a Seinfeld episode.

in the syndicated television market for Katz Media. "She has become iconic."

Hart earned a hug from David Letterman and her own "Late Show" Top Ten list last week: "Things Mary Hart Has Learned in 29 Years of Hosting 'Entertainment Tonight." (No. 4: "Tom Hanks is a total loser." as the camera cut to tape of a befuddled Hanks. No. 1 was: "Nothing.")

She's built up plenty of relationships with the rich and famous from seeing them so many times through the years. She talks about "my friends

Maria and Arnold" (that would be Shriver and Schwarzenegger, who just announced a separation) and how she's talked with Shriver about dealing with life's transitions.

She's friendly with singer Marie Osmond, and attended the funeral of Osmond's son, who committed suicide last year. She learned in confidence that Osmond had reconnected with her first husband but kept it a secret until getting the go-ahead from Osmond to report that the couple had remarried.

"There are times when you have to keep something and respect that friendship," Hart said.

Hart, a former Miss South Dakota and now 60, has worked with five male co-hosts, most notably John Tesh and currently Mark Steines. Nancy O'Dell will replace her.

THE ASSOCIATED PRESS

metr@dish metronews.ca
TUESDAY, MAY 17, 2011

## Aniston's dad: She just needs a good Greek man

• Wants to see her go back to her family roots



Jennifer Aniston is getting no shortage of dating advice - even at home. The actress' dad, John Aniston, thinks that the former Friends star should get back to her roots with a fellow Greek, according to People magazine. "I would be glad about that," says John, who was born Yannis Anastassakis in Crete, adding that the beau would have to be a "good Greek man." And what does that entail? "Honesty," he says. METRO



## Angie's kids know they're adopted

With three of her six children having been adopted, it's no surprise that Angelina Jolie is extremely open about the topic at home. "The words adoption, birth mothers [and] orphanages are happy words in our household, and we talk

about those subjects all the time," she says, according to People magazine. "Life is very much about family and the family you choose. You can define your own destiny despite what happened to you in the past." • METRO

#### **Celebrity tweets**



"I think I
just tushietweeted by
mistake!:) sorry!"



When I stood next to her, I looked like a small pale ghost boy."

@oliviawild

"in a thousand years

uurs ogists

archeologists
will dig up tanning beds
and think we fried people
as punishment."

#### Talking points

#### Lindsay says she's sober for good

**PEOPLE.** Lindsay Lohan is reportedly serious about turning her life around and has told friends she's through with drugs, alcohol and breaking the law for good, according to TMZ.

The troubled starlet reportedly had an epiphany after her most recent sentencing for violating her probation and allegedly stealing a necklace from a jewelry store.

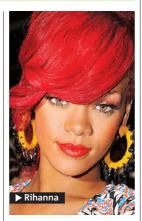


#### No Tony, no problem

BROADWAY. Although his second time leading a show on Broadway didn't result in a Tony nomination, Daniel Radcliffe doesn't consider it a snub, according to the Wall Street Journal.

"It's such a competitive year, particularly in that category," says the Harry Potter star, who is currently starring in a revival of How to Succeed in Business Without Really Trying.

"It's amazing to me that I'm talked about in those circles, that people think I belong in that company."



#### Fans worry for Rihanna

Fans are in an uproar with Rihanna for following ex-boyfriend Chris Brown on Twitter, according to E! Online. And with Brown also following Rihanna's feed, some fans worry a reconciliation is in the works.

"I never thought you would go back to him! You better not," one fan posted.

But the singer insists it doesn't mean anything. "Its f—ing Twitter, not the alter! Calm down," Rihanna tweeted.

METR



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A low supply of some cancer drugs is a concern for hospital pharmacies, the Canadian Pharmacists Association says. Hospital pharmacies are keeping a careful eye on certain cancer drugs that are in short supply, hoping to ensure that Canadians don't face delays.

THE CANADIAN PRESS



ers chances of spreading the virus, which is a key to prevention



## Spring clean the body

◆ As Canadians prepare to clear out the garage, they should consider doing a detox of their bodies, too ◆ Everything from soups to herbal teas can help rid the body of the winter waste



Spring. The trees and flowers are swelling with new growth and blossoms. It's time for rebirth. What about your body?

If you're looking for a spring cleanse, take the advice of Ann Lawrence, a doctor of naturopathy at Dragonfly Family Health Centre in Ottawa.

"Drink lots of water and

stay away from smoking, alcohol, coffee, dairy, chocolate and sugar as these aggravate the health of nearly everyone," she says.

Eat a lighter diet concentrating on soup broths, brown rice and loads of vegetables, especially leafy greens and sprouts as they help the liver to cleanse. Probiotics help with intestinal health.

Lawrence makes a detox tea consisting of dandelion

"Get outside and be in touch with nature. There is healing power in being among trees."

ANN LAWRENCE

root, burdock root, milk thistle seed and stinging nettle. You can find a similar blend at many of the tea shops that are springing up. Flavour your cleansing tea with ginger, lemon, peppermint or cinnamon.

Cleaning up your act doesn't just mean eating better. It also involves sleeping better and getting active. Lawrence suggests getting to bed by 10 p.m. if possible, as the hours of sleep before midnight are very important for the body's renewal.

Exercise regularly – daily, if possible.

"Get outside and be in

touch with nature. There is healing power in being among trees. We all need that connection to the earth and nature to rejuvenate us," says Lawrence.

As part of spring cleansing, hang out and enjoy time with friends and laugh. Learn relaxation techniques such as yoga.

"Simplify your life by deciding what is a priority. Find endeavours that support you rather than draining you," she suggests.

## Looking inside the bipolar mind

• We're beginning to understand more the dangerous ups and downs of bipolar disorder since Charlie Sheen started rambling and Catherine Zeta-Jones checked into rehab • Often dismissed, it's at times a lethal illness



You know the term. It's made the news (especially after some celebrities went public) and friends may even claim to have it. But what is bipolar disorder exactly, and how is it different from general mood swings?

"Bipolar disorder is an accentuation of mood states beyond what we normally experience," explains Dr. John Sharp, a psychiatrist and neuropsychiatrist based in Boston and Los Angeles. "This isn't a day-to-day state, but a week-to-week, month-tomonth situation that can suddenly spin out of con-

Yet bipolar disorder remains a big question mark for researchers who have so far failed to fully understand the illness. It's generally hereditary and runs in the family — meaning genetics, not upbringing (don't go blaming your parents quiet yet), are thought to be behind the condition caused by a problem with the section of the brain that runs our moods. Stress, physical illness and sleep deprivation are the most common triggers.

"What happens to someone suffering from bipolar disorder will depend on which way the mood has swung. Everything is intensified from the highs to the lows," says Sharp.

For example, mania begins where exuberance leaves off and in extreme cases can be a psychiatric emergency. One's mood is exceptionally high, causing happiness and euphoria, amplifying creativity, energy and self-esteem. Speech is rapid and the flight of ideas endless. This early phase is intoxicating and addictive as the person thrives. But control over their behavior is soon lost what previously passed for grandiose becomes plain psychotic.

When depressed, people lose interest in otherwise pleasurable activities such as sex and food, leading to



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weight loss, fatigue and a decreased ability to think or concentrate, morbid or suicidal thoughts are not uncommon in this period. The antidote: mood stabilizers, like Lithium, have proven most effective.

If anyone you know shows symptoms, recommend they seek a profes-

#### **Bipolar types**

- Bi polar I: The sufferer has experienced at least one manic episode that lasted more than one week (up to six months if left untreated) and that is a major change from the person's normal behaviour. The depressive episodes can last for up to 12 months if untreated.
- Bipolar II: The sufferer has been through more than one episode of severe depression but only mild manic episodes (hypo ma-
- Cvclothymia: This is a mild form of bipolar disorder. Sufferers have enisodes of hypomania that shift back and forth with mild depression for at least two

#### THE DOCTOR IS BIPOLAR

Dr. Kay Redfield Jamison, professor in mood disorders and professor of psychiatry at the Johns Hopkins University School of Medicine, has been bipolar since her teens. She's lived through ecstatic highs as well as profound lows, attempting suicide in the brief period she quit medication.

"You are either manic or depressed, never both. The pain and suffering is indescribable and you live in constant uncertainty. My highs were disturbing, intrusive and more of a source of anguish as I was both euphoric and irritable. I felt wired, and thoughts and ideas came with intense speed,

DR. KAY REDFIELD JAMISON



destroying my rational train of thought. My manic episodes could be exhilarating, my psychotic energy became terrifying and exhausting as it got out of control, making me hallucinate, and be impulsive and delusional.'

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## Looking out for youth

#### • Website's goal is to promote a Gay-Straight Alliance in schools



While LGBTQ youth face many of the same pressures and confusions that most adolescents face in coming to terms with their transitioning bodies and academic and social stresses, they often must do so while negotiating a mammoth part of their identity.

Many questions can arise, including, how can I deal with this, how can I help make it better and where do I even start?

A good starting point is MyGSA.ca, the national LGBTQ safer schools and inclusive education website. It is the first and only national resource dedicated to helping LGBTQ youth.

It was developed to help create safer and more inclusive schools through the elimination of homophobia, transphobia, and biphobia, and the integration of LGBTQ matters.

The "GSA" part of the web address stands for Gay-Straight Alliance and refers to a student-led group or club where



LGBTQ youth, youth with LGBTQ family members, and their allies can meet to tackle tough issues like discrimination based on sexual orientation and gender identity.

MyGSA.ca is a virtual place for all Canadians to come together to share experiences, stories, struggles and triumphs.

The site is the hub of the Safe Schools Campaign by the LGBTQ human rights charity, the Egale Canada Human Rights

On the site, you'll find a variety of information and resources that you can use or pass along to the youth and educators in your life.

There are simple and informative postcards as well as comprehensive resource guides and step-bystep instructions to setting up a GSA at your local school. You'll also find ex-

amples of the many schools in Canada where students and educators alike are hard at work to make it better for all of us.

Indeed, since its launch just one year ago, 150 GSAs from every province in the country have registered on the site, each one viewable on the online GSA directory.

Take a look and see if your local school has a GSA—if not, why not?

#### (ADU JAJ)

#### **'Seek out support'**

Metro: What advice would you give to a young lesbian, gay or transgendered Canadian struggling at home or at school to discover him or herself — and his or her place in the world.

Const. Lynn MacDonald: The advice I would give to youth is to seek out support as soon as possible. They are not alone and there are some really great resources out there. Call the Kids Help Phone if they need someone to talk with. Check out the local LGBTQ resource centres in their area and look for youth support groups, counselling, etc. For kids that are struggling with their sexuality and faith, check online for organizations in their area that celebrate faith in an inviting and welcoming environment for LGBTQ people. I know that we tell our kids to hang on that it will get better but the reality is



they shouldn't have to wait for it to get better. They don't deserve to be abused and we need to make the harassment and assaults stop. We need to hold the people who are doing it accountable. This can be tough for kids that aren't out so it is important for us as adults to step up and hold people accountable. We need to be the voice for our youth when they are not strong enough to stand up for themselves

CONST. LYNN MACDONALD CALGARY POLICE SERVICE

#### WHO SAID SKYPE CAN'T HELP FOSTER LOVE?

Names: Richard, 34, and Oanh, 30

Hometown: Coquitlam, B.C.

Together since: 2009

## Their story:

I (Richard) met Oanh while I was travelling around the world in 2008. I was passing through Vancouver, and a mutual friend asked Oanh to show me around town while I was there. When we met, I instantly felt a connection to her.

However, our friend had made me promise not to make any moves on Oanh, so I sadly left her behind and continued with



We kept in contact by email. When I moved to South Korea to be a teacher later that year, we began Skyping and our friendship and feelings for one another grew. We both knew we wanted to

be together, but distance made that impossible. In April 2009, 15 months after we first met, we flew to the U.K. from opposite sides of the world for a short holiday. It was there that we shared our first kiss. I had to return to Korea, but we decided then and there that I would

come to live with Oanh in Canada after my teaching contract finished.

I am now a permanent Canadian resident, and we can't wait to spend the rest of our lives together!

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## CELEBRATE 1-YEAR WITH A GETAWAY

#### SMUG MARRIEDS



ANGELA PACIENZA & DEREK CHEZZI 2FORCOUPLES.COM TWITTER: @SMUGMARRIEDS

Our first wedding anniversary is coming up. How should we celebrate?

**Derek says ...** Whisk her away on a weekend getaway to a lovely resort with a spa, where the vintage Pinot flows freely.

Oh, there's a golf course here? Honey, I had no idea.

No, those aren't my clubs.

Angela says... If you can afford a short getaway, fly to a nearby city like Boston, Seattle, or Quebec City. (We Smugs went to NYC for our first anniversary!)

If you're looking for something a little more wallet-friendly, order a homemade photo album from a DIY online store like Shutterfly.

For \$40, you can record your first year together and make a memorable keepsake.

Another option would be to use your anniversary as an excuse to acquire your first piece of real art.

Spend a few Saturdays perusing galleries in search of something you both love.

### Comfort food, breakfast items coexist at Annie's

• Regulars love this café for its cosy atmosphere and freshly-prepared eats

#### **LUNCH RUSH**

VALERIE MANSOUR





Since Annie is my first cousin, positive words might not be trusted. Negative

words will get me in big trouble!

Annie's loval clientele has followed her to her new Queen Street loca-

Annie's Place Café 1592b Queen St. 420-0098 Client negotiations: No Social lunch: Yes Price range: \$\$ Rating: 3.5 out of 5

tion "The regulars say it all," the man at the next table tells me. "It's all real food."

Annie specializes in freshly-prepared comfort food, all-day breakfasts and excellent coffee.

The day's special, a Lebanese Platter (\$10) consists of mjadara (rice, onions and lentils), hummus (better than mine, I confess), a bit of salad with a slice of avocado, and a square of kibbe (a ground beef, bulgur wheat, ground onion mix), and several pita slices on the side.

We also order the Soup and Sandwich Special (\$7.50), a yummy mushroom soup, light on the cream, with grilled cheese and sliced pear on whole wheat bread. Delicious.



place where everyone gets

It's a cosy, friendly to know each other - and



For a creamy, crunchy and tangy sandwich that's all rolled up to go, make this nutritionpacked Avocado Lemon

It can be packed in school lunches or served as a tasty snack.

#### **Preparation:**

Core and julienne apple. Pit avocado and slice lengthwise. Dividing evenly, spread apple and avocado on each wrap.

Top with lettuce, then tuna. Roll up, then slice to make 3 pinwheels per wrap. THE CANADIAN PRESS/

#### **Ingredients:**

- 1/2 Granny Smith apple
- 1/2 avocado
- 2 20-cm (8-inch) wholewheat tortillas
- 375 ml (1 1/2 cups) shredded iceberg lettuce
- 2 cans flaked light tuna with lemon pepper

## FEELING THE GAS SQUFF7F?

#### **FUN AND FRUGAL**

LESLEY SCORGIE MONEY@METRONEWS.CA



Gasoline prices are raging upwards as

the price of oil remains high and summer driving season demand increases. If your budget is get-

ting squeezed, get smart with your fuel consump-

Ensure your vehicle is well maintained; regular oil changes and the right

Plan your travel in ad-

vance, avoid peak travel times to reduce idling and take the shortest route.

If you're travelling long distances, drive the speed limit and use cruise con-

When your speed is constant and within the limit, you'll use less fuel and avoid expensive traffic tickets.

Reduce clutter or unnecessary weight in your car and consolidate your errands into one trip.

To find the most affordable fuel in your area, check out sites like gasbuddy.com gasticker.com.

You can also use smartphone apps that track local prices.

Consider alternative forms of transportation. This past weekend, rather than driving, I pulled out my bicycle, filled the tires with air and rode 35 minutes to meet friends for coffee.

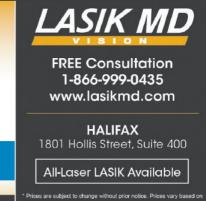
I saved money on fuel and got my daily exercise.

Try walking, running, biking, blading, car pooling or public transit to get to your destination.

If you're in the market for a new vehicle, consider one that's fuel efficient or uses an alternative fuel like natural gas or a hy-

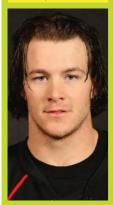
When you cut back on your fuel consumption you'll save money and reduce your emissions.







Quoted



**Former Cole Harbour McCains major** midget standout **Zach Sill of Stewiacke has** signed his first **NHL** contract with the **Pittsburgh Penguins. The** two-year entrylevel pact calls for \$525,000 per season if Sill plays in the NHL, according to sources. He had 30 points in 80 games this past season with Pittsburgh's farm team, the **AHL Wilkes-Barre/Scranton** Penguins.

Greg Wieczorek has gone from not finishing his first marathon to posting sub-2:30 times
 Has shaved nearly 30 minutes off his time over four years and now eyes course record



# Defending champ has Blue Nose record in his crosshairs



It's a good thing Greg Wieczorek didn't just give up after his disastrous first attempt at running a marathon.

If he had, the 29-year-old from Dorchester, Ont., never would have won the Scotiabank Blue Nose Marathon last year, nor would he be in a strong position to defend that title and potentially break the annual event's record time in Halifax this coming Sunday.

Wieczorek only made it 17 kilometres when he ran his first 42.2-kilometre

#### **Blue Nose**

#### history

Past Scotiabank Blue Nose Marathon champions:

- 2010 Greg Wieczorek,2:39:03.4
- > 2009 David MacLennan,

marathon in 2006. It went so poorly he needed to borrow a cellphone from a passerby to call his dad for a drive home.

"I was about 40 pounds heavier than I am now and I'd only run three or four times a week (in preparation)," the 140-pounder re-

- 2:36:05.9
- ➤ 2008 Terry Melloy, 2:48:45.3
- 2007 David MacLennan, 2:46:15.5
- 2006 David MacLennan,
   2:43:48.3
- 2005 Harry Neynens, 2:58:06.3
- ≥ 2004 David MacLennan, 2:35:32.8

called. "To try to go into a marathon training off of that base was perhaps not advisable."

While he was disappointed with the outcome, he learned a valuable lesson from the experience: "You don't magically turn into a competitive

marathon runner over a month or two. It's a long process. You've got to be patient."

Wieczorek went back to the drawing board, set more reasonable training targets, and a year later finished his first full marathon in two hours 55 minutes.

His times have been getting better and better — and better —

In four years, he has gradually shaved almost a full half-hour off his time, and in the past six months he's posted remarkable personal-best finishes of 2:30 and 2:28.

"From each subsequent marathon, I trained a little harder than before," said Wieczorek. "The (extra 40 pounds) came off over the course of many miles and I kept myself motivated thinking, 'If I just train a little harder I can shave a few minutes off my next marathon."

Wieczorek, who moved from London, Ont., to Halifax just three weeks before last year's Blue Nose, has David MacLennan's sevenyear-old record of 2:35:32 in his crosshairs on Sunday.

"I'm headed in the right direction," Wieczorek said. "I know the course record is in sight, so that's a number I'm cognizant of. I'd like to put myself in a position to better that on Sunday if conditions permit."

### **'What advice**

would you give your 15-year-old self, knowing now what you didn't know then.'



I would tell myself that the attraction I was feeling for my girlfriends would in the long run be who I am. That my parents would love me unconditionally and that no one that I cared about would turn their back on me. I would tell myself that the future is full of great times and a life filled with love. I would tell myself to be more confident in who I was and that people would love me for who I am. I would tell myself how great my life was going to be, how times would change and the world becomes more accepting and open as each year passes. I would tell myself to love with all my heart and not hold back ... In the end, love is what makes our life worth living.

Lori Andrews, Canadian Rockies International Rodeo All Around Champion 2010

**Woods expects** to resume play

Tiger Woods says he did-

n't do any more damage to his left leg at The Play-

ers Championship and

expects to play the U.S.

Woods made it only nine holes last week at

Open next month.

The Players when he

withdrew because of

what he described as a chain reaction of pain

from his left knee to left

Achilles and tightening

next month



It is important to learn life lessons now and apply them to how you want to grow and develop. Absorb what you can from life and opportunities will come your way. Wait until you feel comfortable with yourself and have confidence in yourself before you come out. It is not wrong to mature and experience life knowing who and what you are and then come out when the time is right for you. Spend time building your confidence, educating yourself, your family and friends, and come out when it feels right for you.

I am glad I followed the path I did and experienced all the things I did. I don't regret waiting to come out when I did because it was when I was supposed to. If I came out earlier, I might have lost life experiences that made me who I am today. Be confident about coming out and don't worry about coming out because it is never as bad as we anticipate. Those who love us will eventually come to terms with who we are and know that we are confident, loving and happy individuals.

Scott Woodruff, **Canadian Rockies International Rodeo All Around Champion 2010** 

# Bruins tight-lipped on Bergeron's status

• 'We're expecting him to be there for the opening faceoff': Lightning coach

There's a procedure in the NHL for a player coming back from a concussion: The doctors put it off as long as necessary, and the coaches keep it quiet as long as possible.

So it was with Bruins forward Patrice Bergeron yesterday, when he returned for his first full practice since a May 6 concussion that kept him out of Game 1 of the Eastern Conference finals. Boston coach Claude Julien would not comment on Bergeron's availability for Game 2 tonight against the Tampa Bay Lightning.

"We're going through the protocol of what he has to go through," Julien said after practice. "There's not much more to update you



guys on except that I think, when he is ready to go, I think you guys will know it. It's just something that you can't predict how quickly, or how slow, it's going to

Bergeron skated on his

own yesterday with general manager Peter Chiarelli watching, and then took part in non-contact power play and penalty-killing drills with teammates. Julien has said it is up to the doctors when Bergeron returns to play, and it won't be until he is 100 per cent. Lightning coach Guy Boucher isn't buying it.

"We prepared for him playing for the first game, so we're preparing for him," Boucher said.

Bergeron had consecutive 70-point seasons for the Bruins before a concussion knocked him out 10 games into 2007-08 and limited him to 64 games the following year. He returned to form this season, scoring 22 goals with 35 assists, and was Boston's top playoff scorer with 12 points before he was hurt in the finale of the second-round sweep of Philadelphia on a hit by Claude Giroux.

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1013THEBOUNCE.COM



# **Bobbie Day Wilson** Bobbie is eight years old

and is training for the **Doctors Nova Scotia Youth** Run at this Saturday's Scotiabank Blue Nose Marathon.

This is Bobbie's second year participating in the event.

Good luck Bobbie!

To see other Young Marathoners of the Day, watch CBC News Nova Scotia at 5 or check out tomorrow's paper!





in his calf. THE ASSOCIATED PRESS

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For more information please contact Shirley Dixon 492.0569.

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#### Crossword

12

15

#### Across 1 Harmonization, for

- short
- 5 Floral neckwea
- 8 Burden
- 12 Twosome
- 13 Charged bit
- 14 Competent
- 15 Obvious
- 17 React to yeast
- 18 Second person
- 19 Tabloid worker
- 21 Necktie alternative
- 24 Vicinity
- 25 Bank transaction
- 26 Hunger 30 Emeril's shout
- 31 Figure of speech
- 32 Extinct bird
- 33 OK
- 35 Weaponry
- 36 British school
- 37 Beginning
- 38 Crazy one
- 41 Have bills 42 Once more, collo-
- auially
- 43 Sweater decoration 48 Star Wars hero
- 49 Miler Sebastian
- 50 Pout
- 51 Lecherous look
- 52 Longing 53 Fill till full

#### Down

- 1 Resort 2 Puppy's call
- 3 Pinch
- 4 Colouring stick
- 5 Stead 6 A billion years
- based in Lyon, France
- 7 Crime-fighting group

#### 8 Lasso 9 Final notice

- 10 As well
- 11 Antelope's playmate
- 16 Deteriorate
- 20 Consider 21 Actress Jessica
- 22 Laundry need 23 Biyouad
- 24 Pertaining to bees
- 26 Support of a cause
- 27 Don of radio 28 Color quality
- 29 Right on the map?

#### 25 26 30 31 32 33 34 35 36 37

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#### 38 39 40 42 43 44 45 46 48 49 50 52 53 51

34 A Few Good Men

38 Shoppers' mecca

40 "Swoosh" company

41 Tournament format

44 "The Raven" writer

45 Sine - non

46 Last (Abbr.)

47 — out a living

39 Chills and fever

director

37 Hooter

#### 35 Layered rock

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#### ➤ Yesterday's answer

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#### Sudoku

1		6			2		4	
	2		9	6		5		
5			4	3			8	
		8	1	4	9			
		3	7	2	5			
2			8	9			3	
	6		2	7		8		
3		9			7		5	

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	6	9	3	1	7	8	4	5
1	5	4	6	8	9	3	7	2
7	3	8	2	4	5	9	6	1
3	9	6	1	5	2	4	8	7
5	8	2	7	6	4	1	3	9
4	1	7	9	3	8	2	5	6
8	4	1	5	9	6	7	2	3
6	7	3	4	2	1	5	9	8
9	2	5	8	7	3	6	1	4

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

justice, boo boos i love you soooo much you are my everything i never want you From LAURA

Hoa, You are amazing in every way sweet, your eyes, your lips you are perfect and beautiful muahhhhhhhhhhhhhhhh From DOUBLE

Marcus, have a great 33rd birthday today. I can't wait to celebrate it on the long From ROMO

Natty-bear, Natalie, I love you more than you could possibly know, I just wish you knew how much I do. You are the sweetest most beautiful girl I have ever met in my short lifetime. I hope we get to spend a lifetime and half together. With love From JARE-BEAR



#### Wednesday



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#### Today's horoscope

↑ Aries March 21-April 20 Financial security and emotional security are not the same thing.

¥ Taurus April 21-May 21 Don't be obsessive about events that are over and done with.

II Gemini May 22-June 21 Live each new day as it comes. Never look back.

Gancer June 22-July 22 You will find yourself caught between rival viewpoints today **Ω Leo July 23-Aug.23** Call it as you see it today, because if you

say things merely to impress others in authority your efforts could come unstuck.

My Virgo Aug. 24- Sept. 22 Once you understand the bigger meaning the little things will fall into place.

← Libra sept. 23-0ct. 23 Make sure you know exactly what you are going to say before you open your mouth.

M Scorpio oct. 24-Nov. 22 You

don't take kindly to those who disagree with you.

Sagittarius Nov. 23-Dec. 21

For today's crossword answers and for expanded horoscopes, go to metronews.ca

> Smile. don't frown - it suits you so much better.
>
> \*\*Capricorn Dec. 22-Jan. 20 .

Avoid friends though if they get emotional.

Aquarius Jan. 21-Feb. 18

There may be a conflict between your home life and your work commitments.

H Pisces Feb. 19-March 20. The more people tell you that you are neglecting your duties the more you can be certain that it is right to neglect them SALLY BROMPTON





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